



Fitness 101
7101 FM 2920 Rd. Ste. 400B
Spring, TX 77379

INFORMED CONSENT FOR FITNESS EVALUATION AND FITNESS TRAINING

I consent to voluntarily engage in the Millhouse Holdings, Inc. (d/b/a Fitness 101) Fitness Evaluation, which may include Body Composition Evaluation (measured with a skinfold caliper at any of three sites: Triceps, Suprailium, Abdomen, Thigh for women: Triceps, Chest, Abdomen, Thigh for men) Resting Heart Rate, Blood Pressure, Bodyweight, and/or a Functional Movement Screen. The results of these tests will serve as the basis for designing various physical activities in which I may engage.

I understand that the results obtained from the Millhouse Holdings, Inc. (d/b/a Fitness 101) evaluation will assist in designing a custom program of exercise and resistance training for me, and that the results of said evaluation will be kept confidential.

I have had the opportunity to ask questions about any aspect of the Millhouse Holdings, Inc. (d/b/a Fitness 101) evaluation, and these questions have been answered to my full satisfaction.

I understand that my permission to engage in all or any part of the Millhouse Holdings, Inc. (d/b/a Fitness 101) is voluntary and that I am free to deny consent if I desire.

I waive any liability that Millhouse Holdings, Inc. (d/b/a Fitness 101) or any of its agents, independent contractors, employees, or assigns, may have due to my workout, fitness and health training.

I have read this form and I understand that the test procedures that I will undergo. I consent to participate in the Millhouse Holdings, Inc. (d/b/a Fitness 101) evaluation.

Signature of Client

Signature of Witness

Print Client Name

Print Witness Name

Date

Date